

The Marylander

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March 2012



MAFCS Spring Meeting

Friday, April 27

4:30-8 PM

Whole Foods Market

Annapolis Town Center



Philanthropy, AAFCS, and You

*Debra S. Larson, CFCS
President*

Philanthropy is a Greek term which literally translated mean “love of mankind.” It is an idea, event, or action that is done to better humanity and usually involves some sacrifice as opposed to being done for profit or motive. For many, philanthropy means giving to others whether it is individuals, a group, or an organization. There are many worthy organizations. AAFCS is one such organization but did you know that less than 10% of our members make a gift beyond their dues?

The American Association of Family and Consumer Sciences (AAFCS), a 501 (c)(3) organization, is the only national organization representing approximately 5,000 family and consumer sciences professional across all areas of specialization. Your donations, which are tax-deductible to the fullest extent of the law, allow AAFCS to bring our members and other dedicated professional together to educate and influence generations of American consumers in our classrooms, our companies, and our communities.

There are many opportunities for giving back to the association. These include a gift

beyond membership dues, annual gifts, DSA gifts, as well as, scholarships and other forms of giving.

AAFCS has set giving goals for 2011-2012. The first goal that the association has set is to increase the percentage of individuals who give by 10%. They would also like to increase the number of Affiliate gifts by 50%. The final goal is to increase the levels of giving by asking donors to step up a level.

Please consider your circumstances and if you are able, step up and support AAFCS with a gift beyond your dues. You might consider the Ellen Richards Sustaining Membership level. If you are already giving at the Friends level (up to \$250) you might step up the Fellow (\$250-999). At whatever level you choose to give, remember AAFCS is your professional organization representing you. There are many worthy programs that our dollars can help to fund.

(Information for this article was presented at the AAFCS Leadership Conference by Sue Whitaker, Chair-Elect of the AAFCS Development Committee.)

THE “WHOLE FOODS” EXPERIENCE

Grace B. Halifax, CFCS Vice President for Programs

The Maryland Association of Family and Consumer Sciences will hold their annual Spring Meeting on April 27th, 2012 at the Whole Foods Market in Annapolis, Maryland. *The “Whole Foods” Experience* will find us touring the Market, hearing about current food trends and the importance of a proper diet in achieving maximum good health. Frances Chumley (MA ASI) the Culinary Specialist at Whole Foods Market will be the presenter of information as well as doing a food demo followed by the attendees participating in a “food

experience". Food will be the star of the meeting in all ways – information, demonstration, participation and consuming.

The Whole Foods Market opened its first store in Austin, Texas in 1980 with 19 employees. Today there are 310 stores in North America and the UK with over 62,000 team members.

Whole Foods' Mission is to find and sell the finest natural and organic foods available, practice the strictest quality standards in the industry and put forth the strongest commitment to sustainable agriculture. The store is not a health food store but a natural/organic food market. This mission is referred to by the company as "Whole Foods-Whole People-Whole Planet"

Whole Foods – the team members search for the highest quality, least processed, most flavorful and natural foods in their purist state to sell in their markets.

Whole People- their team members are the company. These members are passionate about the food they sell and work in a decentralized, self-directed team culture that promotes a respectful workplace.

Whole Planet- means having a commitment to helping take care of the world around us and support the organic farm and sustainable agriculture industries.

Whole Foods Market is an active participant in the communities that they serve. They actively donate to non-profit organizations in Anne Arundel, Prince Georges, and Kent Counties. They sponsor 5% Days where on those designated days 5% of the day's net sales go to non-profit organizations. Nickels for Nonprofits is done by giving back to the customer 5-cents for bringing their own reusable bags; if the customer desires they will be given a wooden nickel to put in the collection box for non-profits. At the end of the donation cycle (3-months) a check is cut to the featured non-profit. The Market is also involved with Food Link and used Cell Phone donations on behalf of Secure the

Call. Secure the Call is a local organization that collects old cell phones and redistributes them to the community to be used as 911 emergency-only phones.

The registration at the MAFCS Spring Meeting will begin at 4:30PM and the program with Ms. Chumley will begin promptly at 5PM. Because of food costs and what we will be getting, at this meeting, the cost of registration will be \$45 for everyone attending. Because of the activities we will be participating in and the space available we are limited to the number of attendees.

We look forward to seeing you at the meeting. It has the potential of being a meeting like we have never had before. One where we will receive information that can be used in each person's practice setting and where we will have fun participating in an activity with other FACS Professionals.

2012 MAFCS AWARDS

MAFCS Teacher of the Year

Mary Faulkner Scholarship

Extension Educator of the Year Award

Applications due March 17, 2012

YOU COULD BE THE NEXT BIG WINNER!

Christina DeSimone

Vice President of Services

MAFCS is committed to promoting professionalism in Family & Consumer Sciences. One of the ways we meet this goal is in recognizing the many accomplishments of our Maryland professionals, both classroom and extension educators, as well as those seeking more credentials as students. As we celebrate the cream of the crop each year at the spring meeting, we hope to inspire others, and spread the word in our communities that the Family and Consumer Sciences profession makes a difference! Please

check out the details of the 2011-2012 awards on our website, <http://sites.google.com/site/mdafcs/> and jump in with your application or nominations for MAFCS Teacher of the Year, Extension Educator of the Year, and Mary Faulkner Scholarship.

MARYLAND ASSOCIATION OF FAMILY & CONSUMER SCIENCES AWARDS PROGRAM 2011-2012

How Can I Get Further Information?

- Christina DeSimone, Vice President for Services cdesimone@bcps.org
- Review information found on the awards and recognition page of the MAFCS website, <http://sites.google.com/site/mdafcs/>

MAFCS TEACHER OF THE YEAR

Nominations are sought to honor exemplary, creative FCS teachers throughout the State. As many as one FCS teacher will be honored from each county within the state of Maryland at the MAFCS Spring Meeting. The nominated FCS teacher does not need to meet the guidelines for the AAFCS National Teacher of the Year Award to apply. However, if the MAFCS Teacher of the Year recipient meets the guidelines for the national award, s/he would represent Maryland in the national contest.

Who can apply?

Any FCS teacher within the State of Maryland can apply. S/he may nominate him/herself or s/he may be nominated by a peer or an administrator

How can I apply?

To apply for the award, please submit the following information **by e-mail** to Christina DeSimone, Vice President for Services on or before **March 1, 2012** to cdesimone@bcps.org

1. The following information for the nominated teacher should be included with the application: the teacher's name, address and telephone number; the

name of the school where the teacher is currently teaching, the name of the program being highlighted; information regarding the education that the teacher has received, professional memberships, and a list of any awards and certification (CFCS, National Board) that the teacher has attained.

2. Submit a description (2500 word maximum) of an exemplary FCS program that was *created by the nominee* in an FCS-related content area. Note that a *program* may refer to a semester project, a teaching unit or a new project that is integrated with an existing program. Program descriptions should include a listing of the program's goals and an indication of the program's impact within the school and larger community. Of special importance is an indication of the program's impact on students. Nominated programs should have been in place for *at least three years*.
3. 1-3 letters of recommendation from someone in a supervisory role.
4. Optional: Up to 4 pages of supporting artifacts. These may include *newspaper articles* and *photos*. Documents may not be reduced below a font of 11, and will not be returned. This portion of the submission may be mailed with a postmark on or before March 1, 2012. Mailing address available upon request to cdesimone@bcps.org.

Nominated programs will be evaluated with respect to integration of FCS with the core curriculum (*No Child Left Behind*) and with other disciplines; the teacher's level of professional commitment to FCS; the goals and outcomes of the program; the sustainability of the program; creativity, innovation, and cutting-edge techniques in the program; the program's ability to solicit and sustain funding and overcome obstacles or challenges; the program's influence on the lives of students; and the program's impact on the FCS program, school, and community.

What will be expected of the MAFCS Teacher of the Year?

Upon notification of the selection

1. Electronically submit 5-10 photos to include a head shot, shots of teacher-student interaction and student involvement in the featured program. Student photos will need appropriate permissions.
2. Attend the Spring 2012 meeting for the awards presentation. Your registration costs will be covered for you and a guest.
3. If you meet the AAFCS membership requirements, continue to seek further recognition by applying for the AAFCS Teacher of the Year in the winter of 2012. Your registration cost will be covered.
4. Receive a year of AAFCS / MAFCS membership with our congratulations.
5. Become involved in the MAFCS Awards Committee.



Mary Faulkner Scholarship

What is the scholarship?

The Mary Faulkner Scholarship is a **\$1000.00 award** given annually by the Maryland Association of Family and Consumer Sciences to an outstanding student who is working toward a degree in a family and consumer sciences-related field. This scholarship is awarded to an undergraduate or graduate college student majoring in family and consumer sciences education, foods and nutrition, clothing and textiles, child development, family relations, fashion merchandising, consumer economics or a related field. The award check will be made payable to the educational institution.

Who may apply for the Mary Faulkner Scholarship?

Maryland residents enrolled in a family and consumer sciences-related program. Those

residents who are enrolled in programs outside of the State should plan to return to Maryland upon graduation. Undergraduate students should be enrolled in a minimum of 9 credit hours; graduate students should be enrolled in a minimum of 3 credit hours of course work the semester that they apply for the award.

- Undergraduate and graduate students may apply for the award. Undergraduate students should be sophomores, juniors or seniors at the time of application. Undergraduate students who are employed full time in an area of family and consumer sciences and are enrolled in a minimum of 3 credit hours at the time they apply may also apply for the award.
- Active or student members of The American Association of Family and Consumer Sciences and, therefore, members of The Maryland Association of Family and Consumer Sciences, at the time of application may apply for the award.
- Applicants must have a grade point average of 3.0 or greater.
- Applicants should demonstrate their potential to further the work of the profession of family and consumer sciences.
- Financial need will be one consideration in the selection process.

How do I apply for the Mary Faulkner Scholarship?

1. Complete the application form available on the awards and recognition page of the MAFCS website, <http://sites.google.com/site/mdafcs/>
2. **Email** the completed application and a short essay, 750 words or less, outlining your professional goals to cdesimone@bcps.org
3. Submit copies of transcripts of college credits earned to the point of application from all academic institutions attended. Mail the transcripts, postmarked by March 17, 2012 to:

Christina DeSimone
Dundalk High School
1901 Delvale Ave.
Baltimore Md 21222

What will be expected of the Mary Faulkner Scholarship Recipient?

Upon notification of the selection

1. Electronically submit 5 photos to include a head shot, and shots of relevant professional activities. Student photos will need appropriate permissions.
2. Attend the Spring 2012 meeting for the awards presentation. Your registration costs will be covered for you and a guest.
3. Become involved in one of the MAFCS Awards Committees.
4. Provide student account information to facilitate payment to the institution.



EXTENSION EDUCATOR OF THE YEAR AWARD

2011-12 Guidelines

What is the Excellence in Extension Award (EEA)?

The Excellence in Extension Award identifies and recognizes exemplary family and consumer sciences Extension Educators who exhibit a deep commitment to the profession and to the Association and whose work reflects the mission of AAFCS. While contributions will vary from one academic field within Extension to another, awardees will demonstrate consistent superior teaching and shall be engaged in substantial creative activities in research, scholarship, program delivery, and promotion of family and consumer sciences education. The EEA will be presented if a qualified recipient is identified, but to no more than one (1) recipient per year.

Who May Apply?

Applicants for this award should be employed as a full-time Cooperative

Extension Educator within the State of Maryland when application is made. Maryland Cooperative Extension Educators are eligible for the award irrespective of membership in the American Association of Family and Consumer Sciences (AAFCS) with which the Maryland Association of Family and Consumer Sciences (MAFCS) is affiliated. However, preference will be given to members of MAFCS and AAFCS.

How do I apply for or nominate someone for this award?

A Maryland Cooperative Extension Educator may submit materials in his/her behalf or another may submit the nomination in his/her behalf. Nominations should be presented in the following order:

- Completed Application Form, available on the awards and recognitions page of <http://sites.google.com/site/mdafcs/>
- A maximum 500 word description of at least one distinctive program for which the educator has been catalyst. Pictures or artifacts may be included with the program description, but total program materials should not exceed 5 pages.
- A current curriculum vitae
- **Submit completed materials electronically by March 17, 2012 to:**
Christina DeSimone
Vice President Services
Maryland Association of Family and Consumer Sciences
cdesimone@bcps.org

What is Expected of the Award Recipient?

Upon notification of the selection

- Electronically submit 5 –10 photos to include a head shot, and shots of the educator involved in the featured program and other relevant professional activities. Student photos will need appropriate permissions.
- Attend the Spring 2012 meeting for the awards presentation. Your registration costs will be covered for you and a guest.

- Receive a year of AAFCS / MAFCS membership with our congratulations.
- Become involved in one of the MAFCS Awards Committees.

What is the process for selecting the recipients of these awards?

Nomination packages are forwarded to jurors selected by the Awards committee, under the leadership of Christina DeSimone MAFCS Vice President for Services. Jurors review the packages, score the applications (see rubrics on <http://sites.google.com/site/mdafcs/> and then return their evaluation sheets and recommendations to Christina DeSimone. The results of the review process will be communicated by email. Please note that submitted materials cannot be returned to the applicant. *The awards will be given at the MAFCS Spring meeting.*

The Maryland Association of Family and Consumer Sciences is here to serve and to promote professionalism among our members and in our discipline. It is our sincere hope that these awards will help accomplish this.



AAFCS WEBINARS

Debra S. Larson, CFCS President

Are you currently a CFCS (Certified in Family and Consumer Sciences) professional? Are you interested in earning professional development units (pdus) for renewal of your certificate? A quick and easy way to earn units is to attend a webinar sponsored by AAFCS. A webinar is an on-line meeting which provides professional development activities. If you are a member of AAFCS the cost is \$35. You can either

attend a live webinar or you can view an archived one. There are a number of different topics. Each webinar is 1.5 pdus. For more information on topics, dates, and times visit the AAFCS website. I participated in two of the leadership webinars in October 2011. It was easy to register and download the software needed. The information on leadership was very helpful. If you have access to high-speed internet, this is an easy way to pick up additional pdus.

2011-12 MAFCS LEADERS

Executive Board

Debra S. Larson, CFCS	President
Wendy Happel, CFCS	President-Elect
Christina Desimone	Secretary
Debra Davis	Vice President Services
Grace B Halifax, CFCS	Vice President Planning
Linda Brown	Vice President Finance
Vacant	Vice President Development
Megan O’Neil, CFCS	Past President

Community Liaisons

Geri Banko, CFCS	Education
Crystal Terhune, CFCS	Extension
Grace Halifax, CFCS	Home and Communities
Bev Card, CFCS	Communication
Hope Lee, CFCS	Retirees
Lorna Browne	Website

2012-13 MAFCS BALLOT

(Vote by April 1)

- President-Elect ___ Bev Card, CFCS
 Secretary ___ Barbara Brisco
 VP Services ___ Christina Desimone

Send your completed ballot to:

Debra Larson
 809 West Main Street,
 Fruitland, MD 21826



EcoSpun (Eco-fi)

Eco-fi, formerly known as EcoSpun, is a high-quality polyester fiber which has been developed by the U.S. company Wellman Inc. Many different fabrics are made using Eco-fi, including fleece fabrics which are warm, durable, weather resistant, lightweight and comfortable. They are very soft to the touch.

One would never guess the source of the fiber - recycled plastic pop bottles!

Eco-fi can also be blended with other fibers, such as wool, cotton and tencel, for enhanced qualities. Eco-fi is used mostly for vests, jackets, pants, blanket throws and accessories. It is also used in carpets, home furnishings and fiberfill.

Benefits

The Eco-fi process has the capacity to keep almost 3 billion plastic PET soda bottles out of the world's landfills each year, saving over 1/2 million barrels of oil and eliminating 400,000 tons of harmful air emissions which contribute to acid rain, global warming and smog. The amount of petroleum saved by using post-consumer bottles instead of virgin materials in the manufacturing process annually is enough to supply power to a city the size of Atlanta for an entire year!



Process

One of the most impressive features of Eco-fi is the source of the fiber - recycled plastic (PET) soda pop bottles. The bottles are refined and purified, chopped down and processed into spun fiber strands. These strands are then knitted and woven into fabric.

1. The process begins at your local recycling depot, where the plastic pop bottles are sorted and baled for pickup. The plastic is technically called polyethylene terephthalate (PET).

2. At the processing plant, the caps and labels are removed, and the bottles are then separated by color.

3. After sterilization, the bottles are crushed and then chopped into flake.



4. These tiny pieces of flake are poured into large vats, where they are melted and stirred. This produces a thick liquid that's extruded through shower-head like devices to create



fibrous, polyester strands.

5. The fiber strands are then stretched to produce thinness and strength. The strands are crimped, cut into short pieces and baled for shipping to clothing manufacturers where the thread is knitted and woven into fabric. Fleece is but one of many fabrics that can be produced using this versatile fiber.



Fleece garments made from Eco-fi are, chemically and functionally, nearly identical to non-recycled fleeces. Eco-fi delivers a soft, luxurious, color-

fast product without depleting the Earth's natural resources, without herbicides or pesticides and without extensive energy use.

Wellman has won numerous environmental awards for the development of EcoSpun. Recently, Wellman has passed on the manufacturing rights for EcoSpun to Foss Manufacturing. Foss has recently changed the name from EcoSpun to Eco-fi.

Sources

Fleece

Draper Knitting 28 Draper Lane Canton , MA 02021
Contact: Kristin Draper (ext.3421)
Phone: 781-828-0029

Malden Mills Industries Inc., 46 Stafford Street
Lawrence , MA 01842

Contact: Mike Spillane
Phone: 978-685-5723 email:
spillanem@maldenmills.com

Wovens

Carolina Mills Inc., Plant No.3 , 28 N. Caldwell
Avenue, Newton , NC 28658

Contact: Gary Bowers
Phone: (828) 322-6055 Fax: (828) 322-2398 Email:

Gbowers@carolinamills.com

For more information, visit

http://eartheasy.com/wear_ecospun.htm

Maryland Association of Family and Consumer Sciences

Calendar of Events

March 17, 2012	Award Applications Deadline
April 13, 2012	Registration Deadline for MAFCS Fall Meeting
April 27, 2012 4:30 – 8 PM	MAFCS Spring Meeting Whole Foods, Annapolis Town Center
June 25-27, 2012	2012 AAFCS Annual Meeting in Indianapolis, Indiana
June 25-27, 2013	2013 AAFCS Annual Meeting in Houston, Texas

The Marylander

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Bev Card, CFCS Editor
8126 Pinelake Court
Alexandria, VA 22309-1216

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